



National Nutrient Database for Standard Reference  
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Statistics Report 35167, Fish, salmon, red, (sockeye), kippered (Alaska Native)

Report Date: July 16, 2017 03:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	69.41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Energy	kcal	141	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	589	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein <sup>1</sup>	g	24.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Total lipid (fat) <sup>1</sup>	g	4.75	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Ash <sup>1</sup>	g	2.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	54	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Iron, Fe <sup>1</sup>	mg	0.49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Magnesium, Mg <sup>1</sup>	mg	31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Phosphorus, P <sup>1</sup>	mg	280	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Potassium, K <sup>1</sup>	mg	400	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Sodium, Na <sup>1</sup>	mg	460	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Zinc, Zn <sup>1</sup>	mg	0.75	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Copper, Cu <sup>1</sup>	mg	0.148	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006

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Manganese, Mn <a href="#">1</a>	mg	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Selenium, Se <a href="#">1</a>	µg	33.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Thiamin <a href="#">1</a>	mg	0.094	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Riboflavin <a href="#">1</a>	mg	0.230	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Niacin <a href="#">1</a>	mg	8.520	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Pantothenic acid <a href="#">1</a>	mg	0.917	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Vitamin B-6 <a href="#">1</a>	mg	0.287	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Folate, total <a href="#">1</a>	µg	6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food <a href="#">1</a>	µg	6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006

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Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Choline, total <sup>1</sup>	mg	88.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine <sup>1</sup>	mg	4.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 <sup>1</sup>	µg	4.98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Vitamin A, RAE	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Retinol	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	35190	06/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.44	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

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Tocopherol, gamma <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Tocopherol, delta <a href="#">1</a>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin D (D2 + D3)	µg	2.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D <a href="#">1</a>	IU	80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
<b>Lipids</b>													
Fatty acids, total saturated	g	0.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
8:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
10:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
12:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
14:0 <a href="#">1</a>	g	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 <sup>1</sup>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
16:0 <sup>1</sup>	g	0.570	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
17:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:0 <sup>1</sup>	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
20:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Fatty acids, total monounsaturated	g	1.830	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
14:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.150	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:1 undifferentiated <sup>1</sup>	g	0.670	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
20:1 <sup>1</sup>	g	0.580	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
22:1 undifferentiated <sup>1</sup>	g	0.400	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
24:1 c <sup>1</sup>	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Fatty acids, total polyunsaturated	g	1.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
18:2 undifferentiated <sup>1</sup>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
18:3 undifferentiated <sup>1</sup>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
18:4 <sup>1</sup>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c <sup>1</sup>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
20:3 undifferentiated <sup>1</sup>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
20:4 undifferentiated <sup>1</sup>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
20:5 n-3 (EPA) <sup>1</sup>	g	0.260	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
21:5 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:5 n-3 (DPA) <sup>1</sup>	g	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
22:6 n-3 (DHA) <sup>1</sup>	g	0.540	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Cholesterol <sup>1</sup>	mg	68	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD